

WHAT ARE HEAT WAVES?

A heat wave is characterized by maximum temperatures exceeding the usual average for the season, over a prolonged period of days. Without proper precautions, it can cause irreversible harm due to dehydration and, in some cases, lead to death.



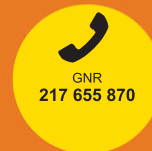
**ON ANY
VERY HOT DAY,
TO AVOID
DEHYDRATION
OR RISING
BODY
TEMPERATURE...**

**...follow the
recommendations
contained in this leaflet
and spread them.**

COLLABORATE CIVIL PROTECTION STARTS WITH YOU



USEFUL CONTACTS



PREVENT PLAN RESCUE

Municipal Civil Protection Service of Almada
Rua dos Lusíadas - Bairro do Matadouro
2800-221 Pragal
Tel.: 212 946 577
www.cm-almada.pt
pcivil@cm-almada.pt



**Heat
Waves**
Self-Protection



CMA CÂMARA MUNICIPAL DE ALMADA

HEALTH RISKS

Anyone can be susceptible to the effects of heat, especially during a heat wave.

Children in their early years, the elderly, and individuals with chronic respiratory and circulatory conditions are particularly vulnerable.

Their mechanisms for regulating body temperature are more fragile, which often leads to dehydration.

Those on a restricted fluid diet should also closely monitor their health.



WARNING!

**A VICTIM OF A
HEAT STROKE
IS AT RISK OF LIFE!**



SELF-PROTECTION MEASURES

DIET

- ☎ Increase your intake of water or natural fruit juices without added sugar, even if you are not thirsty.
- ☎ Eat lighter meals more frequently. Avoid heavy and highly seasoned foods.

AT HOME

- ☎ Open the windows at night to allow air to circulate and cool down the house.
- ☎ If your body is hot, do not take a cold shower; use lukewarm water instead.



IN VEHICLES

- ☎ If you need to travel by car, choose cooler times of the day.
- ☎ Do not stay inside a parked car exposed to the sun (especially children and the elderly).



ON THE STREET

- ☎ If you go to the beach, do so in the early morning or late afternoon.
- ☎ Stay in the shade, wear a wide-brimmed hat, sunglasses, sun-screen, and light cotton clothing.
- ☎ Avoid engaging in tasks that require significant effort in hot environments.
- ☎ Avoid exercising during the hottest hours of the day.
- ☎ Avoid standing for long periods, especially in lines and under the sun.



**TO AVOID ALL THESE
SITUATIONS CAUSED BY
INTENSE HEAT EXPOSURE
PROTECT YOURSELF
FROM SOLAR EXPOSURE
AND SEEK COOL LOCATIONS
OR AIR-CONDITIONED AREAS
DURING THE HOTTEST PART
OF THE DAY, ESPECIALLY IF YOU
ARE WITH YOUNG CHILDREN,
THE ELDERLY, OR INDIVIDUALS
WITH CHRONIC CONDITIONS.**